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Winnipeg metro

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metroNEWS

A cut of the carbon cash

ENVIRONMENT

City deserves seat at table of climate change plan: Gerbasi

Stephanie Taylor
Metro | Winnipeg

Winnipeg deserves its "fair share" in the province's soon-to-be-released carbon tax plan, according to a city councillor.

Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry), who's chairing the city's climate-change working group, says Winnipeg should have a cut on any future revenue from carbon pricing.

"We need to have a seat at the table," said Gerbasi. "We're 70 per cent of the province. We should have our fair share and we need to have those conversations about what mechanism makes the most sense."

The climate-change working group will evaluate its current carbon-cutting initiatives, set new targets and present recommendations on what to do next.

The impact of carbon pricing on the city is another important consideration, says Gerbasi.

"It's very real. It's happening. It should be happening," she said.

Recently, environment ministers from across Canada were told their provinces and territories have until 2018 to introduce a cap-and-trade system or carbon price, otherwise the federal government would implement one.

Ottawa plans for any revenues raised under the new systems to stay in each province or territory.

Premier Brian Pallister has said his government will put a direct price on carbon through a "made-in-Manitoba plan."

Minister of Sustainable Development Cathy Cox said the province is still in the midst of developing its plan.

"Any plan that we move forward with will give consideration to the City of Winnipeg and challenges faced by Manitobans in this region of the province," a statement from Cox read.

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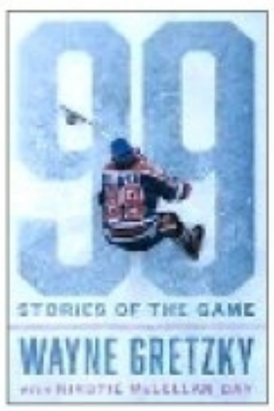

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metro NEWS

Your essential daily news

Film firm fined $1.95 million U.S. over Harrison Ford 'Star Wars' set accident that broke his leg.

Cancer case under investigation

HEALTH

Rachael Sawka alleges doctors misdiagnosed a small growth

Jessica Botelho-Urbanski
For Metro | Winnipeg

Rachael Sawka, a 23-year-old woman from East St. Paul, alleges that doctors misdiagnosed a small growth on the back of her head. JESSICA BOTELHO-URBANSKI/FOR METRO

Rachael Sawka is now a patient with CancerCare Manitoba. JESSICA BOTELHO-URBANSKI/FOR METRO

The bump on the back of Rachael Sawka's head was tiny at first.

But after an alleged misdiagnosis, numerous doctors' visits and surgery, that small, painful growth grew to the size of a large, red, cancerous softball.

Now the Winnipeg Regional Health Authority has launched an investigation into how doctors handled the case of the 23-year-old woman from East St. Paul — who later learned she's battling a rare form of bone cancer.

"Now that we're talking about it, I'm like, 'how the f–k did I live through that?' That's crazy," Sawka said in an interview at her home, speaking publicly for the first time since the investigation launched.

Sawka alleges her general practitioner at Seven Oaks General Hospital, Dr. Jennifer Potter, told her in January the tiny bump on the back of her head was a cyst and she could get it removed in April.

Suffering from considerable pain and unable to rest her head during the four-month wait, Sawka said she visited three emergency rooms in Winnipeg and had six more appointments with Potter.

On a February visit to the Misericordia Health Centre, doctors performed an ultrasound and sent a letter to Potter, recommending she perform a needle biopsy. Sawka said she never got the procedure.

By the time she went for surgery at the Health Sciences Centre in April, the alleged cyst had become about four centimetres wide by six centimetres long.

> **Worst bedside manner I've ever heard in my entire life.**
> Rachael Sawka

Sawka said her surgeon, Dr. Benjamin Ali, realized while she lay awake on the operating table — her scalp already cut open— that he couldn't remove the growth because it was too large.

And no, it was not a cyst, Sawka would learn the next week.

"I picked up the phone and (the doctor) said, 'you have skin cancer,' and hung up the phone. Worst bedside manner I've ever heard in my entire life," she said.

Within three weeks, the tumour grew to be about 10 centimetres wide and protruded about 15 centimetres outside her skin, she said.

The mass grew heavier, with blackened clumps of skin falling from her scalp in chunks and smelling awful. Sawka said she had to change the bandages on her head nearly every hour because the tumour bled so badly.

In May, she began 25 rounds of radiation, which burnt off all the skin.

By July, there was a second surgery to replace the missing skin on the back of her head with skin from her thigh.

After suffering repeated infections, an onslaught of antibiotics and freezing her eggs for $16,000 so she might be able to have kids one day, Sawka finally got a diagnosis about two weeks ago.

Specialists from Manitoba, Minnesota and New York put their heads together to determine she had a rare type of Ewing's sarcoma, a cancer found in bones and soft tissue.

Her doctors wouldn't comment on her case during the six-week investigation, but WRHA spokeswoman Bronwyn Penner Holigroski responded in an emailed statement.

"We are in the process of reviewing this patient's care and have been in contact with her to include her input and connect back with her about our findings," she said.

"Navigating the health care system can be intimidating and we continue to offer our support to her during the continuation of her care."

Sawka is scheduled to start chemotherapy next week and undergo treatment for six months.

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PORTAGE PLACE

Carl Seier is nine months into his special project, The Stranger Connection Winnipeg, which looks to bring people together.
JESSICA BOTELHO-URBANSKI/FOR METRO

Man inspires city to meet up face-to-face

DIGITAL AGE

Carl Seier aims to swap social media for real life interaction

Jessica Botelho-Urbanski
For Metro | Winnipeg

Nine months into a campaign to meet strangers, Carl Seier said he's learned just how much everyone craves human connection.

As social interactions veer toward the virtual, Seier created a Facebook page called The Stranger Connection Winnipeg to connect with people in real life.

The Winnipeg realtor approaches strangers around the city and asks if they'd like to have a conversation at a later date. Seier said he typically talks to people over coffee for anywhere from one to three hours, then writes about the experience online.

"I think everybody's got a story and we don't take time to listen," he said. "We talk at one another or we post or we 'like.' Listening is probably the truest form of communication and we've stopped and I think it's sad."

> **Everybody's got a story and we don't take time to listen.**
> Carl Seier

Reminiscent of the popular photo blog, Humans of New York, Stranger Connection boasts longer posts with photos of the strangers he meets.

What started as a chance to flex his writing skills has struck a chord citywide, Seier said.

Nearly 5,000 people 'like' the Stranger Connection Facebook page, which has also had tens of thousands of online shares.

Seier said he still keeps in touch with almost all the 29 strangers he's met so far.

He has a "bucket list of strangers" he'd like to meet, including more indigenous people, LGBT people, millennials and refugees.

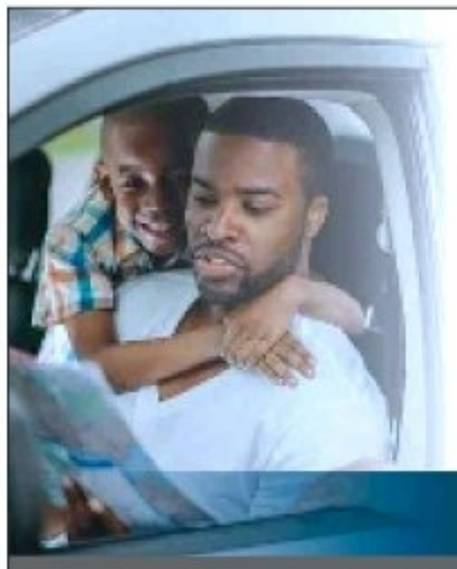
HERE ARE THREE STRANGERS THAT HAVE INSPIRED SEIER

Stranger #4 – Mindy
A panhandler he met in February, who wants to go back to school. "She's an alcoholic and a reformed meth addict and she's been on the streets almost all her life." Seier wrote online: "As we sat with our coffee the first thing that struck me is that this didn't feel awkward at all. We were both kind of joking and laughing with one another and there was just an ease to the situation."

Stranger #17 – Bernadette
A co-founder of Drag the Red and a tireless activist speaking on behalf of missing and murdered indigenous women. "She didn't even mention in our conversation she was getting the Order of Canada. I actually Googled her after I wrote the story and added it," Seier said. Writing online about their encounter, Seier said: "The best part of meeting and talking to strangers is that I have come to realize there are so many heroes walking amongst us every day."

Stranger #28 – Cheryl (pictured with her husband, Colin)
The mother of three children was diagnosed with brain cancer this summer. Her story is "a bit of a wake-up call that our life problems aren't that bad," Seier said. Online, he wrote: "I just loved talking with (Cheryl and Colin). I just loved their energy. They are truly amazing people and I feel so much richer having gotten to know them just a little bit."

ALL PHOTOS CONTRIBUTED



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Bike safety program first of its kind

SEVEN OAKES

Schools teach safe cycling skills to Grades 4 to 8

Braeden Jones
Metro | Winnipeg

Teaching kids how to ride a bike is good, but teaching them to ride safely is BEST.

A new Bike Education and Skills Training (BEST) program in Winnipeg aims to do just that, and is the first of its kind in Canada to make cycling part of the school curriculum.

Currently being piloted with students in Grades 4 to 8 at the Seven Oaks School Division, the program is the product of a partnership between Manitoba Public Insurance, advocacy group Bike Winnipeg, repair gurus the WRENCH, and the Green Action Centre's Active and Safe Routes to School Program.

The BEST program will provide 20 hours of training to students over five years, and includes lessons on bike handling skills, rules of the road, how to interact with motorists and basic bicycle maintenance.

Bike Winnipeg director Mark Cohoe said he's "thrilled to see the program moving forward."

"We think that providing kids with the safe skills to be active in later life... getting them in at this early stage means that's going to lead to healthier lives as they grow up," he said. "This is just part of growing up — having that mobility is important for our children, making sure they're safe and they know the rules of the road is really critical as well."

Seven Oaks School Division students pedal for the newly minted Bike Education and Skill Training program on Wednesday.
BRAEDEN JONES/METRO

Active and Safe Routes program manager Jamie Hilland said the unique program has a heavy emphasis on road-riding because it gives kids the confidence and know-how to move safely with traffic.

"We've been sending kids out with zero training on things like... proper road positioning," he said, adding that even showing kids a handful of times isn't enough, which is why the program is spread out over multiple years. "It's got to be reinforced messaging."

> **When you learn the safety, (you learn) why you should do the signals, or when you turn if you need to be beside a car or how far away from it.** Choi Vega

He said the fact that the groundbreaking project, second only to a similar model in Washington, D.C., is one way "little old Winnipeg" is ahead of the rest of Canada – even if it's behind on building out bike infrastructure.

In fact, the lack of protected infrastructure is one reason Hilland said the skills the class teaches are so important, as cyclists in this city are often siphoned into live traffic settings between bike lanes.

Choi Vega, a student participating in the program called it "really helpful" for getting around without a car.

"When you learn the safety, (you learn) why you should do the signals, or when you turn if you need to be beside a car or how far away from it," he said.

Vega said he used to believe sticking to sidewalks on his bike was safer, but the more he learns about riding safely and anticipating driver's reactions to his actions, the more he sees road-riding as the way to go.

"I do see it now," he said. "Because the sidewalk is a tight space, and you can bump into people, and for being seen, the road (is better).

"The dangers of it can be high risk, however when you ride it safely it definitely is a helpful ability."

Cohoe and other partners at Wednesday's demonstration of students riding safely all mentioned that cycling is becoming increasingly popular for exercise, recreation, and transportation—and more so for it's environmental-friendliness and health benefits, as well as it's place-making potential.

Hilland said its ubiquity is the reason he hopes the pilot in Seven Oaks School division could be part of the curriculum province-wide.

"It makes sense," he said. "You learn basketball, volleyball, and now you'll learn safe road riding."

BEST

By the numbers:

- **Bikes:** 70
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TREES

Property owners spruce up urban forest

Stephanie Taylor
Metro | Winnipeg

More than 200 new trees sprouted up on Winnipeggers' lawns this fall thanks to a new program aimed at replacing lost elms.

In mid-September, participants registered with the Winnipeg ReLeaf program were handed out trees and attended workshops on how to plant them on their own property.

"It was a good success. We had really good turnout," said Martha Barwinsky, an urban forester with the city, of the program that launched in June.

In total, she said, eight different types of trees were distributed to residents who paid $55 for a package that included supplies.

The tree species offered included hackberry, bur oak and Amur maple.

The city partnered with Trees Winnipeg to administer the program, which received $20,000 in funding from the TD Friends of the Environment Foundation.

Barwinsky said Trees Winnipeg hopes to offer the program on a permanent basis starting next year.

More than 80 per cent of trees uprooted due to Dutch elm disease come from private property. But the city only replants trees on public land, such as in parks and on boulevards.

She said our city — which still boasts the largest population of American elms in North America — is at risk of losing entire areas of trees because of the species' vulnerability to Dutch elm disease.

"You drive through some neighbourhoods, particularly the older neighbourhoods in Winnipeg, and you see streets that are completely lined with elm all together," said Barwinsky.

Kelly Holmes, chair of the steering committee for 'Here and Now,' speaks at the plan's release Wednesday. COURTESY SHANE GIBSON

A plan for lost youth

PUBLIC POLICY

Agencies unite to fight against homelessness

Braeden Jones
Metro | Winnipeg

When Casey turned 18 years old, she was told, "you're old enough to live on your own."

The teen, who was in the custody of child and family services (CFS), felt adrift.

"I felt like I was just left out to do things on my own but I had no life skills," she said.

Casey, who asked that her last name be kept private, said she was "released into homelessness."

"There was no plan," she said.

A new collaboration of social service agencies in Winnipeg seeks to provide that plan with the "Here and Now" framework released Wednesday.

Kelly Holmes, executive director of Resource Assistance for Youth and head of the steering committee for developing the report, said it's meant to serve as a reference guide for policy makers. But it also "shifts (the) response" to be both more comprehensive and more proactive for young people.

"For example, if a kid was leaving care of CFS, we make sure the kid has a check list — they've got a bank account, they can cook three meals, they can navigate systems," she said.

AVERY STEDMAN

On page 6 of the Oct. 12 edition, in the story "Edgy music video cuts the mustard," Avery Stedman's name was spelled wrong. We regret the error.

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Sighting revives Krull case

EAST KILDONAN

Missing woman may have been spotted with an unknown man

Police are asking for the public's help to confirm a possible sighting of a Winnipeg woman who disappeared more than a year ago.

Thelma Krull was last seen on the morning of July 11, 2015, when the 57-year-old went for a walk in her East Kildonan neighbourhood.

Police say they received a tip about the possible sighting after the one-year anniversary of her disappearance.

Const. Jason Michalyshen says a woman who looks like Krull was seen with a man in the same neighbourhood on or shortly after the day she disappeared.

The man is described as indigenous, heavy-set, about five-foot-eight, weighing 270 pounds with a bowl-style haircut.

Michalyshen says more information is needed to determine if the sighting is relevant to the case.

"By bringing this information forward … I'm confident and I know investigators are confident that we're maybe that one step closer to the resolution that we want," he told reporters Wednesday.

Police earlier revealed that they believe that Krull experienced some type of distress. Her glasses and cellphone were recovered.

Michalyshen says investigators are looking at all possibilities, including that Krull suffered a medical emergency or was abducted.

"All of those scenarios remain on the table," he said.

THE CANADIAN PRESS

> "I'm confident and I know investigators are confident that we're maybe that one step closer to the resolution that we want.
> Const. Jason Michalyshen

Thelma Krull, 57, went for a walk in her Winnipeg neighbourhood on July 11, 2015 and hasn't been seen since. WINNIPEG POLICE SERVICE HANDOUT

GOVERNMENT BILL

School sex-assault policies coming

The Manitoba government has introduced a bill that would require all post-secondary schools to have appropriate sexual-assault policies.

The bill also calls for both public and private universities, colleges and other institutions to have procedures in place to prevent and respond to sexual violence on campus.

It would further require schools to include harassment via social media in their definitions of sexual violence.

Education and Training Minister Ian Wishart says sexual violence is a challenge faced by schools across Canada.

"This bill would ensure that all Manitoba post-secondary institutions have appropriate policies and procedures in place to prevent and respond to sexual violence on campus so all students can pursue their education in a safe environment," Wishart said in a release Wednesday.

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Victoria tops list of cities for women

LIVABILITY

Windsor came in last as worst city for females

Wanyee Li
Metro | Vancouver

Victoria tops the list of best Canadian cities for women to live for the second year in a row due to the high ratio of government workers and public sector jobs in the city, according to a study by the Canadian Centre for Policy Alternatives (CCPA).

Vancouver came in at ninth place while Montreal was sixth and Toronto was 11th. Windsor came in last as the worst Canadian city for women.

Researchers took measured five factors in each city to come up with the list — economic security, leadership, access to health, security against violence, and education.

Iglika Ivanova is a senior economist at the Canadian Centre for Policy Alternatives. JENNIFER GAUTHIER/METRO

Overall, Canada has a lot of work to do when it comes to reducing sexual harassment against women and allowing women to hold leadership roles both in the private and public sector.

Women have actually reversed the gender gap in education — women have higher levels of education than men — but that hasn't translated into leadership roles, said Iglika Ivanova, senior economist at CCPA's B.C. office.

"We find that women still are under represented in management and politics even though they are highly educated… and in the last year we've had high profile women in public life complaining about sexual harassment," she said.

"These are things where we still have a long way to go."

But Victoria stands out because women who live there are more likely to hold leadership positions. For instance, women hold 44 per cent of the elected government positions in Victoria's city council, according to Ivanova.

"(Victoria) also has the smallest wage gap between men and women. We think this is because there is a lot of government employees there," she said.

IMMIGRATION

Bains seeks help with 'pushback' on policy

Canada's economic development minister says the federal Liberal government is encountering public "pushback" on its immigration plans from Canadians who fear for their jobs.

Navdeep Bains THE CANADIAN PRESS

Navdeep Bains says newcomers create jobs in Canada and is urging people to see immigration not as a social issue, but as a key driver of economic growth.

Bains is asking the business community to help sell immigration as something that can increase prosperity and opportunity for Canadians.

He says people need to understand that bringing in newcomers will give the country a competitive advantage.

The minister says the government has to do a better job of telling that story.

Bains made the comments today while speaking to business leaders at a economic summit in Ottawa sponsored by the Public Policy Forum.

"The honest truth is there is still reluctance around immigration policy," Bains said. "When we want to talk about immigration and we say we want to bring more immigrants in because it's good for the economy, we still get pushback."

THE CANADIAN PRESS

IN BRIEF

Liberals urged to think big on infrastructure

A federal policy think-tank says the federal Liberal government's cornerstone economic policy could be dead in the water without a strategy on how to spend billions in new infrastructure money. The Public Policy Forum argues for the need for a pan-Canadian infrastructure strategy over the next three decades.

THE CANADIAN PRESS

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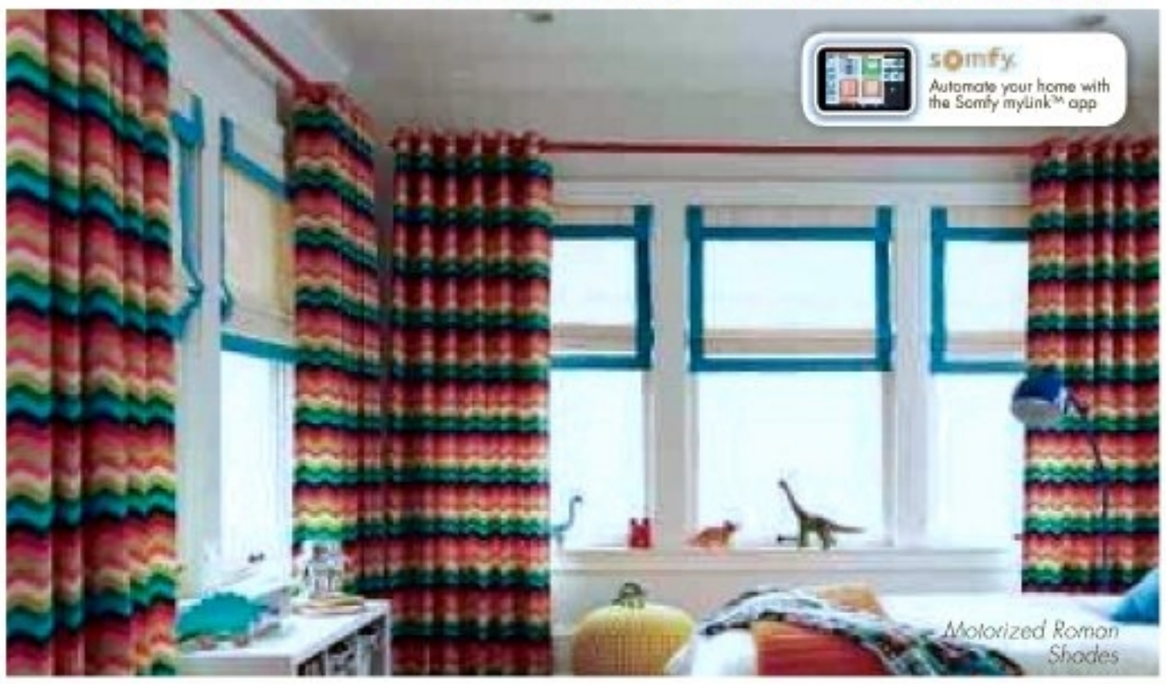

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Gord Downie
EXCLUSIVE
Gord Downie and Peter Mansbridge talk about life, The Tragically Hip, music and Gord's latest project, Secret Path.
The National
with Peter Mansbridge
TONIGHT news

Haiti's situation is 'not looking good'

NATURAL DISASTER

Cholera pandemic worsened by hurricane

Hurricane Matthew first took the home of Sonette Crownal in a town on Haiti's southern coast. Then cholera came for her baby.

The 25-year-old market vendor and her family were still taking stock of their losses after the storm when she noticed that Peter James, just 10 months old, was showing symptoms of a disease that health authorities say is surging in the wake of the storm.

"When I saw the symptoms and knew what was really going on, then I got scared," Crownal said as she cradled the boy in her arms at a Les Cayes cholera treatment centre on Tuesday. About 20 people, some still listless from the disease, lay on cots under a metal roof as a fan cooled the tropical heat.

Cholera is caused by bacteria that produce severe diarrhea and is contracted by drinking contaminated water or eating contaminated food. It can lead to a rapid, agonizing death through complete dehydration, but is easily treatable if caught in time.

The Category 4 storm has killed at least 473 people, according to national emergency officials, and the wreckage it left behind has created the perfect conditions for spreading the water-borne disease. Matthew sent rivers and outdoor latrines overflowing across the mountainous landscape. Cholera-contaminated water has leeched into people's drinking wells.

Many thousands of people whose homes were ruined are sharing close quarters with family and friends, the kind of proximity amid poor sanitation that aids in transmission. Already reports have been trickling in that the disease is spiking.

The World Health Organization says at least 200 suspected cholera cases have been reported across southwest Haiti since Matthew hit and it has pledged to send 1 million doses of cholera vaccine to Haiti.

"It is not looking good," said Dr. Unni Krishnan, director of Save the Children's Emergency Health Unit in Haiti.

And cholera is not the only health emergency in the country. Krishnan and others warn about growing malnutrition because of widespread damage to crops and livestock, as well as fishing boats and gear, depriving many of their livelihoods in a country where more than half survive on less than $2 a day.

Also complicating matters are shortages in hospitals and clinics ill-equipped to respond to the spike in cases. Many people in remote communities have trouble reaching treatment.

Doctors Without Borders opened a cholera treatment centre in Port-a-Piment. As of Tuesday, medical staff had already cared for 87 patients. Paul Brockmann, director of the organization's mission in Haiti, said the looming wet season may make it worse still.

THE ASSOCIATED PRESS

Hurricane Matthew victims wait to receive food from the UN's World Food Programme in Roche-a-Bateaux, in Les Cayes, in the south west of Haiti, on Wednesday. The first major handout of food aid took place along Haiti's storm-wrecked southwest coast but supplies were still far short of what was needed by the thousands of starving people. AFP/GETTY IMAGES

Drone attacks reveal new threats

French and Kurdish forces in northern Iraq were attacked by an exploding drone, the Pentagon said Wednesday, adding a new worry to the wars in Iraq and Syria as militant groups learn to weaponize their store-bought drones.

Air Force Col. John Dorrian, the spokesman for the U.S.-led military coalition in Iraq, said an improvised device on a drone exploded after it was taken back to a camp near the Iraqi city of Irbil. He called it a Trojan Horse-style attack.

Two Kurds were killed in that incident on Oct. 2, according to a U.S. official, who said the drone looked like a Styrofoam model plane that was taped together in a very rudimentary style. The official said it appeared to be carrying a C-4 charge and batteries, and may have had a timer on it.

That official was not authorized to discuss the incident publicly so spoke on condition of anonymity. France's presidential spokesman, Stephane Le Foll, said Wednesday two French special forces were seriously injured.

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Fire-proof boxes sent for Samsung phones

RECALL

Kits conform with rules for lithium ion batteries

A customer inquires about returning a Samsung Note 7 in a store below the company's headquarters in Seoul. AFP/GETTY IMAGES

A damaged Samsung Galaxy Note 7. THE ASSOCIATED PRESS

Samsung Electronics said Wednesday it is sending fire-resistant packages to its customers in the U.S. as a precaution against possible fires or explosions from Galaxy Note 7s they return to retailers.

Samsung is offering prepaid shipping boxes as an option for U.S. consumers who purchased the phones on its website, Samsung.com. It said consumers who purchased their Note 7 phones from mobile carriers should visit the carriers' websites for recall instructions.

On Tuesday, Samsung said it was discontinuing the Note 7 phones just two months after their launch, after two recalls and many reports of fires. Samsung must now deal with receiving back more than 1.5 million Galaxy Note 7 phones, both the original ones and those issued as replacements. Most were sold in the U.S. and South Korea.

A video on YouTube dated Tuesday shows a man it says is at the XDA Developers office in the U.S., unpacking a kit containing a static shield bag, thermally insulated boxes, gloves and instructions for ground shipping only.

"We have just received this crazy Galaxy Note 7 return kit," the person said in the video.

According to the XDA Developers forum, Samsung's packing instructions say the Note 7 should be put in the static shield bag and then in a box labeled "OEM Replacement" to be put inside an "Inner Box" and a "Recovery Box." Shipping companies reportedly had complained they did not want to handle Note 7 returns because of fire concerns.

Samsung said the packaging kits conform with U.S. requirements for shipping lithium-ion batteries or devices containing them that are subject to a recall.

THE ASSOCIATED PRESS

MONEY

Brits put new spin on five-pound note

The value of the British pound sterling may have been dropping in recent weeks but imaginative Brits have found a way to put cash to work: It turns out the new plastic five-pound-note can be used as a stylus to play vinyl records.

A number of YouTube videos have been posted in recent days showing the new note "playing" music on a turntable, though it must be said the fidelity does not match sound produced by expensive equipment.

The plastic note is illustrated with images of Queen Elizabeth II and Winston Churchill. It was introduced last month to generally favourable reviews.

THE ASSOCIATED PRESS

Brits have discovered the new plastic £5 note can be used as a stylus to play vinyl records. YOUTUBE.COM

IN BRIEF

Drizzy's new booze tops LCBO launch sales

Drake's new liquor brand, Virginia Black Decadent American Whiskey, has topped single-day launch sales at the LCBO. Ontario's liquor retailer sold 1,779 bottles on the last day of September and to-date has sold 775 cases. TORSTAR NEWS SERVICE

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Your essential daily news

PHILOSOPHER CAT by Jason Logan

CHANTAL HÉBERT ON THE NDP'S ELECTORAL-REFORM POSITION

For a party that has spent years tilling the electoral-reform field, this submission is remarkably free of specifics.

If one had to take away just one thing from the NDP's just-released submission on electoral reform, it is that it strenuously avoids tracing a party line in the sand.

As leader, Thomas Mulcair campaigned on a mixed-member proportional system. But in its brief, the NDP carefully avoids pinning itself down to a specific system to the exclusion of others or to a process to achieve a reform.

Instead, the NDP reports that an overwhelming majority of those who attended the 40 or so town halls it held over the summer want a more proportional system.

That is only groundbreaking until one considers that voters who have no quarrels with the first-past-the-post system probably did not sacrifice a summer evening to dream up a different approach to electing members of the House of Commons.

Similarly, the New Democrats note that most participants want a "fair" and "legitimate" process; a notion that it interprets to mean anything between moving to a new system with multi-party support to a national referendum.

For a party that has spent years tilling the electoral-reform field, this submission is remarkably free of specifics. The Liberals, by comparison, have been at this for a very short time. The first-past-the-post system has delivered more majorities to the Liberal party than to any of its rivals, and Justin Trudeau is its first leader to commit to doing away with it.

But the NDP brief comes just as negotiations are about to get underway between the members of a parliamentary committee tasked with making recommendations on electoral reform to the government by Dec. 1. At that point, time will be of the essence as Elections Canada needs a considerable amount of lead time to put a new system in place in time for 2019.

Although the Liberals hold the most seats (five) on the 12-member committee, they do not have a majority. There cannot be a majority report absent an alliance between two or more of the five parties at the table.

The Conservatives are unlikely to be part of any deal. They have drawn their line in the sand on process. For the official Opposition, any move to a different voting system has to be approved by a majority of Canadians through a national referendum. If that sounds like a long shot, it is because that is what the Conservatives hope it to be. From their perspective, the current first-past-the-post system best serves their party.

On paper, the Liberals, given their governing majority, always have the option of going it alone — imposing a preferred voting system through legislation. But that path would be fraught with difficulties.

Polls have shown that a majority of Canadians support the Conservative contention that an electoral reform of this magnitude should be put to a referendum.

Some experts have argued that moving to a new federal voting system could require a constitutional amendment.

It is far from certain that an electoral-reform bill backed by only the Liberals would find timely support in the Senate.

There is precedent for the upper house to hold out on a major government plan until Canadians have had a say through a vote. At the time of the 1988 free-trade debate, the Liberal majority in the Senate refused to approve Brian Mulroney's trade deal until an election had been held.

The scenario of unilateral Liberal action would also consume a fair amount of political capital on a file that is ultimately secondary to both the partisan and the policy interests of the current government.

This is one promise many Liberals would be happy enough to see Trudeau ditch, as long as he and the government did not have to take the blame for pulling the plug.

An all-party parliamentary committee deadlocked on the issue of the voting system would offer the government a relatively easy way out.

The NDP describes its brief as setting out the parameters within which its caucus would support a reform and a process to achieve it.

If those parameters read like you could run a truck through them it's because keeping Trudeau from backtracking from his promise to change the voting system in time for the 2019 election is also the point.

A campaign of sexist vitriol vs. sexists' guilt

Rosemary Westwood
Metro | Toronto

Who would've guessed the tipping point would be a five-letter word that rhymes with wussy.

After all the U.S. election has been about — inequality, black lives, white anxiety, trade and protectionism, unemployment, terrorism, emails, Benghazi, China, immigration, Mexicans and the colour orange — this mattress fire comes down to women.

Trump's establishment support continues to erode. He's trailing in polls, his odds of winning as low as 17 per cent. No amount of "locker room talk" defence or complete sentences uttered in debates has stemmed the outrage.

In joking about sexual assault via grabbing women in the "p--sy" in a hot mic recording from 2005, Donald Trump did what even Donald Trump didn't appear capable of: He found a line, and he crossed it.

That line is partly getting caught directly in the act of misogyny, on video. It's partly the gushy slang for that taboo part of a woman. ("Grab them by the d--k" and "Grab them by the penis" just don't have the same vulgar ring, do they?) It's partly about criminal activity.

And it's partly the overarching context of this election. Trump's comment wouldn't have landed like such a "yuge" stink bomb if he weren't running against a woman. But he is. So women's place in society and their right to power is at the centre of the campaign. For a while, that was good for Trump.

In fact, it had appeared as if his key selling feature was Hillary Clinton herself. His crowds brought to ecstasy at the mention of Benghazi and "crooked Hillary," seeming not so much interested in Trump as in Clinton's head.

She had to slog against the most unstable, irrational character this side of the Filipino president, exactly because she is who she is: a woman, who also happens to be a long-time, successful politician. Her crimes fall far short of apocalyptic, though her reception indicates otherwise.

Even for those who deny their sexism, she could never smile with quite the right frequency. She was never warm enough, always far too loud. Few men, outside Obama, earn chants like "Hang her in the streets" or threats of being jailed from Trump, or a comparison, courtesy of Mike Huckabee, to the shark in Jaws.

But the breaking point has been reached. A nation unwilling to reckon with its sexism buoyed Trump until last Friday, and a nation self-conscious of its sexism is sinking him today.

Thanks to both, Nov. 8 is set to be one hell of a statement on women in America.

This is Rosemary's final daily column. Watch for her new weekly column, about relocating to the United States, coming next month.

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Healing after miscarriage

They are proud mothers of babies they will never know — here, Canadian women share their heartbreak

Kristen Thompson
For Metro Canada

This is a story about profound shame and loneliness. It's about a secret club that will be joined by one in three Canadian women at least once in their lives. It's about miscarriage and infant loss, something that's only talked about in whispers.

The women in this story are tired of whispering. They are proud mothers of babies they will never know, babies many of their loved ones never even knew existed. And they're hoping their stories will encourage other women to reach out for support so they don't have to grieve in silence.

This Saturday is Pregnancy and Infant Loss Awareness Day. Its very existence was built upon the mandate of destigmatizing infant loss.

I reached out to the women in my two Facebook mom groups to see if anyone would be willing to share their story with me. I was overwhelmed with the response. Around 150 mothers emailed or Facebook messaged me their stories. These are just some of them.

Kari Anne Gonsalves, who now has a one-year-old son, suffered a miscarriage in April 2013. The following year, she also lost her triplet sons.

"When I miscarried … I didn't feel as though I could talk to anyone about it," said Gonsalves. "At the time I did not know anyone who had experienced such a loss, and no one, with the exception of my husband and one friend, knew that I was even pregnant."

"I felt isolated in the sense that my life had to go on, even though I carried this great hurt and sadness, and the people around me carried on as if nothing had happened, because they simply didn't know that anything had happened."

In May 2014, Gonsalves' infant triplets — Jude, Gabriel and John Paul — were born extremely premature and did not survive.

"Friends with children stopped inviting us out to their children's events. I stopped getting invited to baby showers, people avoided telling me that they were expecting. They thought they were being sensitive, but when all of your friends have children, it gets pretty lonely and we wanted celebrate happy times with our friends."

Sarah Keast is a mom of two girls. She also had a son, Ryder, who died at 22 weeks. She describes finding out about his genetic condition — and the difficult decision to terminate her pregnancy — as devastating.

"The radiologist … put her hand on my shoulder and said, 'I'm so sorry, but I do have to confirm I'm seeing significant brain damage,'" said Keast, of the day she learned Ryder wouldn't survive. "I then collapsed."

"I cried every time I got out of the shower and looked at my belly. I cried every time he kicked me. I cried every time I saw a pregnant woman on the street."

SUPPORT GROUP WHY SHARING STORIES CAN HELP

These five women have each had a miscarriage. They're part of the same mom's group on Facebook, but met in person for the first time at Ashbridges Bay in Toronto last week. From left, they are Caroline Starr, Kari Anne Gonsalves, Brechann McGoey, Elizabeth Dhuey and Meghan Krmpotic.

The emotional impact of miscarriage and infant loss is profound. In fact, one in five women who experience miscarriage have anxiety levels similar to people attending psychiatric outpatient services, according to Tommy's, a U.K.-based centre for miscarriage research that coined the hashtag "MisCourage" to encourage women to tell their stories of loss. It also found that as many as one third of women attending specialist clinics as a result of miscarriage are clinically depressed.

Oct. 15 is Pregnancy Loss and Infant Awareness Day — Metro has spoken to many mothers and fathers who wanted to share their loss, and find others whose stories they can relate to. Share using #IHadAMiscarriage

More stories online at Metronews.ca/miscarriage

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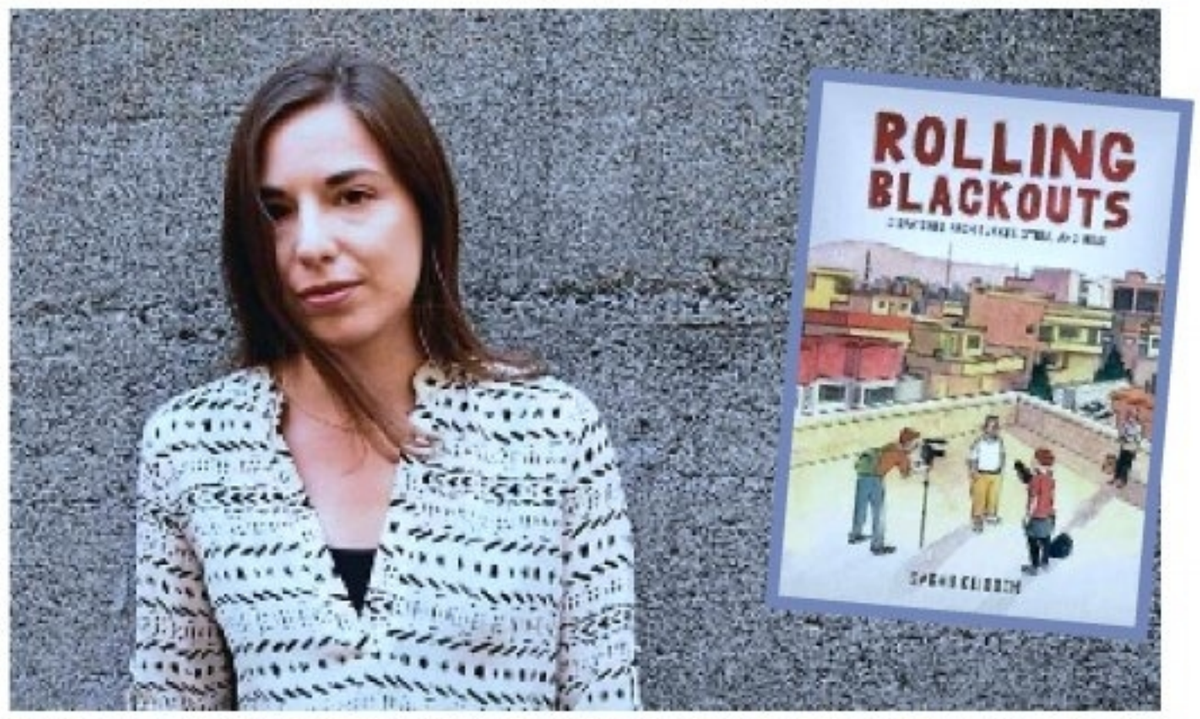
Using comics to tell a compelling story in Iraq

NEW BOOK

Cartoonist recorded journalist trip after invasion

Sue Carter
For Metro Canada



Seattle cartoonist Sarah Glidden, who collected stories from the fallout of the Iraq war into the comic novel Rolling Blackouts, says comics and narrative journalism "can help show a reader that this is a person like you." CONTRIBUTED

In 2010, Seattle cartoonist Sarah Glidden packed up her sketchbook, camera and voice recorder and travelled to the Middle East for two months.

She was joining journalist friends who were working for the non-profit online publication Seattle Globalist; Glidden would observe as they gathered stories about the lingering effects of the Iraq war, especially on those displaced as a result of the American invasion.

Making the Kickstarter-funded trip even more complex, the group planned to document the story of former Marine Dan O'Brien, a childhood friend of one of the journalists, Sarah Stuteville, as he returned to the country for the first time since serving.

Glidden's observations of those two months are captured in her new book, Rolling Blackouts: Dispatches from Turkey, Syria, and Iraq which could be easily be described as a personal memoir or travelogue, but falls more into the growing category of comics journalism or illustrated reportage.

She kept her recorder on for the entire trip, choosing to listen rather than constantly sketch, while relying on photographs and drawings to capture body language and physical details.

Glidden documented not just the reporters' behind-the-scenes process, but quiet times when they would just be sitting around, having a few beers and talking about America's place in the world. Even though Glidden cringes now at her overly earnest and naive responses during those discussions, she didn't edit them out of her personal story. "I wanted the dialogue to be real dialogue," she says.

One situation Glidden captured through her muted but striking watercolour illustrations is the tension between Stuteville and O'Brien, as the journalist unsuccessfully pushed to get her ex-military friend, who refused to open up about certain details, to go on record to denounce the war.

"It was difficult for me to write about a friend and make her into a character, and portray her in a way that isn't always flattering," says Glidden. "It was funny, when I was writing the book, I was going through what she was going through when we were on the trip. She wants him to be a compelling story, but she also cares about him."

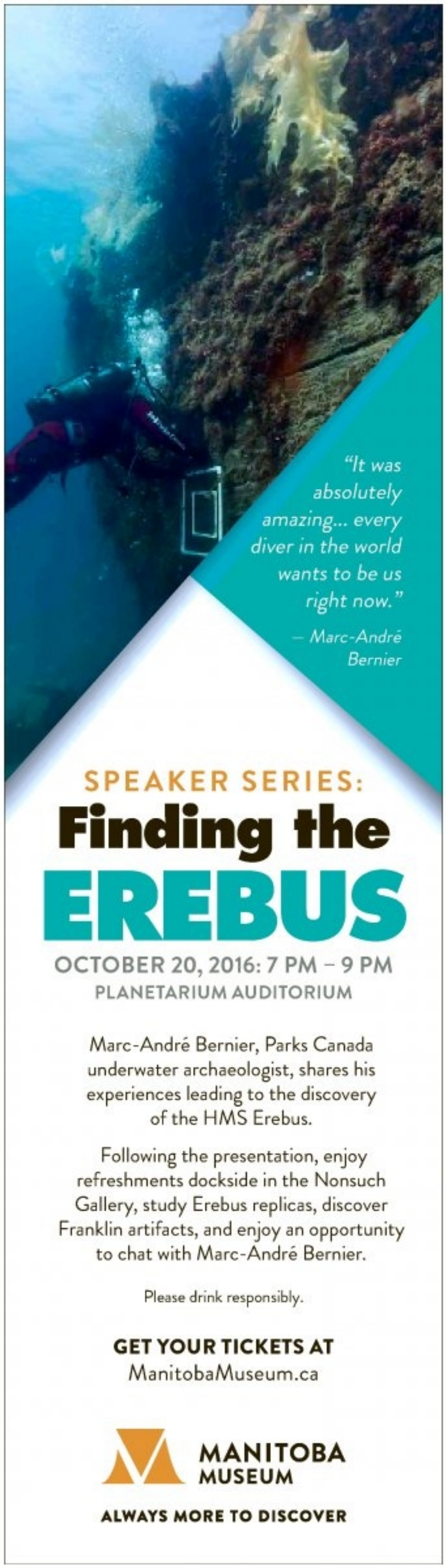
During their travels, the group meets refugees from a variety of backgrounds, and Glidden turns over many pages to their heartbreaking, painful stories. For the first time, the American journalists also directly encountered the hostility felt by those whose lives were destroyed by the war, many of whom demanded answers for their government's actions.

"I think we often hear stories about how sad it was what happened to them, or anger when it comes to terrorism, but you don't get to hear ordinary people say how angry they are, and frustrated," says Glidden.

Though her trip took place six years before the current Syrian civil war, while Damascus was still a safe city, Glidden believes that Rolling Blackouts' illustrated treatment provides a much-needed human connection to the country's newest refugee population.

"A lot of times it's easy for us to 'other-ize' people's stories when they're from far away or from a background that is harder for us to identify with. Maybe part of that is an emotional defense. If you really accepted people who are going through such traumatic experiences as people like you, it would be so hard to take all the terrible news that you see," Glidden says. "But it's really important for us to break through that barrier. And I think that comics and narrative journalism can help show a reader that this is a person like you."

Sue Carter is the editor at Quill & Quire magazine.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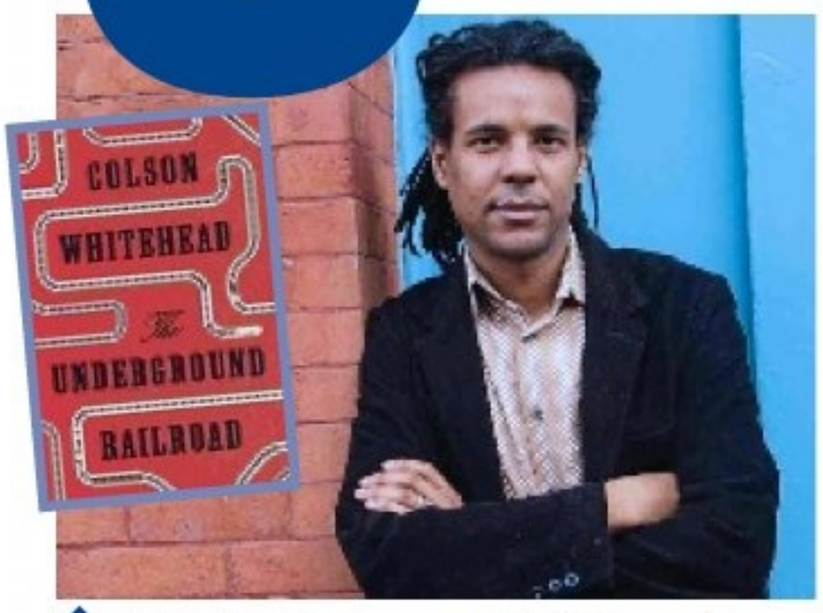
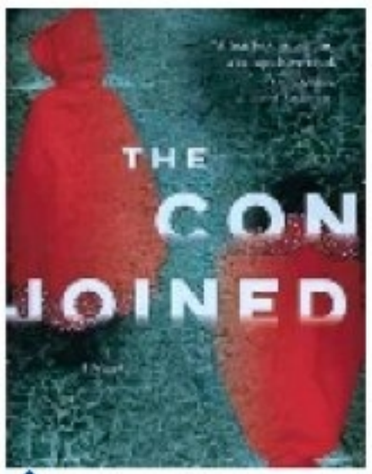
5 MUST-READ BOOKS GETTING SOME BUZZ

This week, five new novels worthy of your bedside table and many hours of good reading. These books offer readers a wide variety of perspectives and time periods. Immerse yourself in colonial America, modern-day Vancouver, or the head of a neurotic heroine. TORSTAR NEWS SERVICE



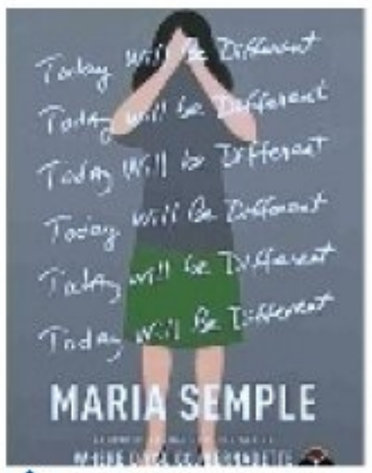
1 The Underground Railroad

In a cleverly flipped metaphor, the acclaimed African-American author Colson Whitehead imagines the underground railroad as a literal network of underground tunnels and tracks, complete with conductors and porters, transporting slaves to free states and Canada. This is the gripping story of a teenager named Cora who escapes from a Georgia cotton plantation, killing a young white man. The book is a finalist for the U.S. National Book Awards.



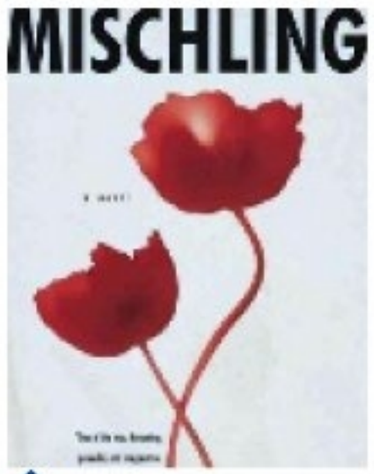
2 The Conjoined

Jessica is a disillusioned Vancouver social worker whose mother — seemingly a sainted individual known for her good works — has recently died. While Jess and her dad are sorting through her household effects, they discover a body at the bottom of the freezer. They call the police, who discover a second body. This is Jen Sookfong Lee's fourth novel.



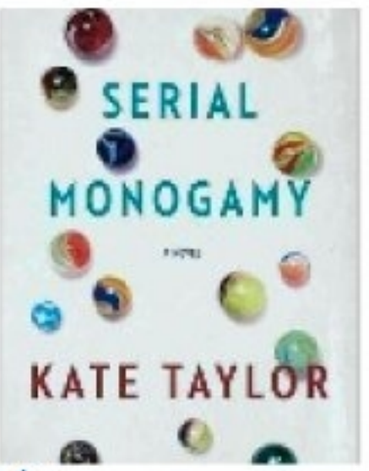
3 Today Will Be Different

Eleanor Flood is the embodiment of First World problems — distracted, anxious, irritable. But on this day she awakes, determined to be her best self, a caring mother and accommodating wife. None of these good intentions go as planned, of course. Writer Maria Semple is one of America's quirkiest talents.



4 Mischling

Mischling, a term used by the Third Reich to describe people of mixed blood, is a term blond Jewish twins Pearl and Stasha hear a lot when they arrive in Auschwitz in 1944. The 12-year-olds soon join other "multiples" in Josef Mengele's "Zoo," which poked and prodded, measured and explored, the bodies and minds of as many as 3,000 twins. Penned by Affinity Konar.



5 Serial Monogamy

The focus of Toronto writer Kate Taylor's third novel is marriage and fidelity. Sharon, a writer and mother of twin girls, is fighting breast cancer and dealing with her husband's affair. As a distraction, she agrees to write a serial for the local newspaper to commemorate the bicentennial of Charles Dickens's birth.

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GOSSIP BRIEFS

Lily Allen sheds tears during visit to migrant camp

British singer Lily Allen, seen at right at a protest calling for Prime Minister David Cameron to resign, has apologized for Britain's handling of the migrant crisis on a visit to a slum-like camp in northern France.

She said Wednesday she was sorry "on behalf of my country" after visiting refugees in Calais who are trying to enter Britain. Allen was moved to tears after meeting a 13-year-old boy from Afghanistan who told her he was trying to be reunited with his father in England. She told him Britain had put him in danger by bombing Afghanistan, putting him in the hands of Taliban extremists, and having him risk his life trying to get to Britain.

The French government plans to dismantle the site and disperse its occupants.

THE ASSOCIATED PRESS

Cyrus says Supergirl is 'weird'

Miley Cyrus is taking issue with the CW series Supergirl because she says having a show with a gender attached to it is "weird."

The pop singer tells Variety the actress who plays the title character Melissa Benoist is a woman, "not a little girl."

She also questions "what if you're a little boy who wants to be a girl so bad that this makes you feel bad."

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JOHN RHYS DAVIES
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JOHANNA SCHNELLER
WHAT I'M WATCHING

A slow move to diversity

Show creator Issa Rae, seen right, is tasked with portraying a familiar situation — a young woman trying to make it in Los Angeles — but from a new perspective. CONTRIBUTED

THE SHOW: Insecure, Season 1, Episode 3 (HBO)
THE MOMENT: The secret white meeting

Walking past the breakroom at her youth-outreach organization, Issa Dee (show co-creator Issa Rae) overhears coworkers expressing doubts about her Beach Day project. She walks into the room.

Her coworkers gush condescendingly. "Are you stressed? I would be so stressed," one babbles. Three of them dash away. Only Frieda (Lisa Joyce), Issa's partner on the project, remains.

"Were you guys discussing Beach Day?" Issa asks.

"Oh. It's no big deal," Frieda insists nervously. "A few of the others had some concerns."

"Concerns they couldn't talk to me about?" Issa presses.

"They just emailed me to double-check a couple little things," Frieda over-explains.

"There were emails, too?" Issa asks. Cut to Issa and her boyfriend: "They're having secret white meetings, and they're sending secret white emails," she rails.

When series co-creator Larry Wilmore (The Nightly Show) teamed up with Rae, who'd grabbed attention with her YouTube series Awkward Black Girl, this was the point: Show us a familiar situation — a young woman trying to make it in Los Angeles — from a new perspective that can only come from a unique voice.

Issa Dee is not the first TV character trying to find love, career fulfillment and herself. But she's the first I've seen who demonstrates how hilariously absurd well-meaning white people look when they try too hard to be cool; or what happens when her best friend Molly (Yvonne Orji), an attorney, is tasked to ask her firm's new intern to "tone down" her blackness.

Insecure doesn't fix Hollywood's diversity problem, of course. But it's an excellent start.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro HOME
Your essential daily news

Pluck ripe veggies like zucchini when they're smaller to encourage more growth on the plant

Pumpkin decor, three ways

Greet guests with a cheerful stenciled pumpkin, or turn mini-gourds into vases and candle holders. PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE

DIY

Unconventional ideas are great for Halloween and beyond

Pumpkins are a classic way to decorate for autumn. Whether grouped on a table or placed on your doorstep, they instantly add a touch of the season.

Instead of sticking with the typical orange or white colour scheme, why not add some colour? Experiment with a palette that's fresh, possibly a little unexpected but still feels like fall.

A quick trip to the grocery store and you can fill your shopping basket with almost everything you need to decorate your table and your doorstep; from fresh flowers in pumpkin vases to the warm glow of mini pumpkin tea lights — and don't forget a cheerful welcome at the door.

We used new paint colours from the Michael Penney Designer Collection to make traditional mini gourds look contemporary. The shades of Fusion Mineral Paint we used included Coral, Mustard, Azure, Brook, Park Bench, Putty and Lichen.

1 Painted pumpkins

Greet guests at the door with cheerful painted pumpkins. Stencil a friendly "hello" or your house number to set the tone of what's to come inside. Don't want to commit to a live fall arrangement? A stack of pumpkins in a planter on your doorstep is a great way to bridge the seasons without breaking the bank.

You'll need:

- Large pumpkins
- Stick-on vinyl letters/numbers (widely available at craft stores)
- Acrylic paint
- Paintbrush
- Acrylic coating spray (optional)

Apply vinyl stickers to a pumpkin to spell out a message or a house number (in our case, 11). Add a coat of paint, remove the stickers while paint is wet and then let the paint dry completely.

If you've still got time to spare once the paint is dry, consider applying a coat of acrylic sealer to protect the paint from wet weather. Your pumpkins will last that much longer.

2 Tablescapes

There is something about the sight of a mini pumpkin that just makes you want to see more. Add a pop of colour and pretty flowers to a small pumpkin to instantly up the charm quotient.

A centrepiece doesn't have to be a single object. Paint enough pumpkins to loosely run along the centre of the table. Add in some candles and fill in any empty spaces with some mini gourds.

The beauty of this arrangement is not only the fresh colour scheme and pretty flowers. Keeping the table decor simple allows ample space for wine glasses and food and the lower profile lets guests chat without having to dodge an oversized centrepiece.

You'll need:

- Mini pumpkins
- Sharp knife
- Spoon for seed scooping
- Acrylic paint
- Paintbrush
- Water
- Flowers

Using a knife, carve out the stem of the pumpkin. Scoop out the stem and seeds.

Carve out enough space at the top of the pumpkin to allow a small shot glass or other glass vessel to fit inside the pumpkin. This will act as the vase, holding water to keep the flowers fresh.

Apply a coat of paint to the pumpkin. Let dry completely.

Fill the glass with water. Add a small handful of flowers to the glass and place inside the pumpkin.

3 Add some candlelight

Carve some rustic candle holders out of mini painted pumpkins and pop in some tea lights to add a whimsical glow to your tabletop. Then, scatter them along the table.

If you'd prefer the candles to be hidden, simply remove the stem and scoop out the flesh and set the candles inside to add a luminous glow to the table.

You'll need:

- Mini pumpkins
- Sharp knife
- Acrylic paint
- Paintbrush
- Tealights

Using a knife, carefully carve out the stem of the pumpkin. Ensure that the area carved is large enough to hold a tealight. Gently push the stem inside the pumpkin, deep enough for the tea light to sit comfortably. Apply a coat of paint to the pumpkin. Let dry completely. Place a tea light inside the carved space.

TORSTAR NEWS SERVICE

COLOUR CODE
The Teal Pumpkin Project encourages people to use the colour as a symbol of handing out peanut-free treats.

Making of a good-looking mudroom

DECOR

Key to find sweet spot between style and function

Mudrooms have been a staple of large houses, especially in climates with plenty of rain and snow. But increasingly, a mudroom has become a design essential even for apartment dwellers and those with small homes.

"Just like the kitchen has become so central to how everybody uses their home and lives their lives, a mudroom has become an expectation," says designer Vern Yip, an HGTV host and author of the new book Vern Yip's Design Wise (Running Press).

Interior designer Bennett Leifer agrees, and often helps clients in New York City apartments create a proper mudroom.

"People try and find space where they can do that, whether they have a large family or whether it's just for themselves," Leifer says.

Some tips for designing a functional, durable and even stylish mudroom, even in the smallest of homes:

Analyze how you use the space

Think about how your family uses the space, says Yip, and be honest about how much clutter you're likely to create. People often want to see themselves as neater than they are, which leads them to create a mudroom entrance that is soon chaotic.

Will everyone take their shoes off there each day, for instance, or only when they're wet or muddy?

"We run an Asian household," Yip says. "Take off your shoes when you come in the door."

So his mudroom includes ample shoe storage, plus a spot to sit while putting shoes on.

Lots of sports equipment means more large storage. And those who'll want to charge the whole family's digital devices for easy grabbing when everyone leaves the house in the morning should put in counter space or shelves with plenty of power strips or electrical outlets nearby.

In your design, Yip advises, include about 10 to 15 per cent more storage than you expect to need.

Benches like this one help keep a mudroom organized and offer space for putting on or taking off shoes. HANDOUT

Your best drop zone

The mudroom is your daily "drop zone," says designer Sarah Fishburne, director of trend and design for The Home Depot. So choose the mix of closed storage, hooks, shelves and countertops that serves your needs.

Custom, built-in storage is popular in mudrooms, but there are also many units available in a range of styles and prices.

Leifer points out that built-ins can work well in small or awkward spaces.

He's seen Manhattan apartment dwellers build around a garbage chute or wall soffit in the service entrance to turn that space into a mudroom. Built-ins also offer stability: Unlike freestanding furniture, they can't be knocked over by kids rushing by with backpacks.

Open lockers and cubbies are popular, mimicking the style of an athletic locker room, but Yip reminds clients that closed storage and hooks tucked away behind doors will help keep your mudroom from looking cluttered. However you design your storage, delineate one vertical space for each family member.

Lighting

Mudrooms should be lit like kitchens, with plenty of overhead and task light, Fishburne says. This may be the first place a skinned knee gets attention, or the last place searched at night for a missing textbook.

And because you might come home on dark fall and winter nights, the mudroom's a great place to put at least one light on a timer.

Infusing your style

Other items that can "visually soften the space" and express your style include artwork (safely framed) and window treatments that don't extend to the floor, Yip says.

Leifer adds flooring to that list: Mudrooms need durable, water-friendly flooring, but are great places to try bold colours or favourite patterns. He suggests carpet squares, which come in a range of designs and are easily washable or replaceable.

THE ASSOCIATED PRESS

PARTICULARS

Will this be a family communication centre? If so, include corkboards or magnetic boards, and perhaps a countertop or small desk where you can fill out school forms.

Pets? Many pet owners include a pet bed or dog crate in the mudroom, and a spot for hanging leashes.

Vern Yip suggests one more useful addition: a sink and vanity.

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metro SPORTS

Ronda Rousey will return to the UFC on Dec. 30 in Las Vegas, fighting Amanda Nunes for the bantamweight title

5 KEY FACTORS FOR THE JETS' FATE

They're young — really young — but by design. The Jets open the season Thursday with one of the greenest rosters in the NHL. Eight players 23 or younger, including four rookies, highlight the vision for the future. And the future is now.

1 Connor's crease

Jets fans were likely surprised this week by the demotion of longtime No. 1 netminder Ondrej Pavelec to the minors. The Jets' future lies in 23-year-old **Connor Hellebuyck** who compiled a strong .918 save-percentage in 26 games with the Jets last season, while Michael Hutchinson will split the workload. Pavelec, 29, cleared waivers and begins the season on the farm while collecting the $4.75 million left on his contract.

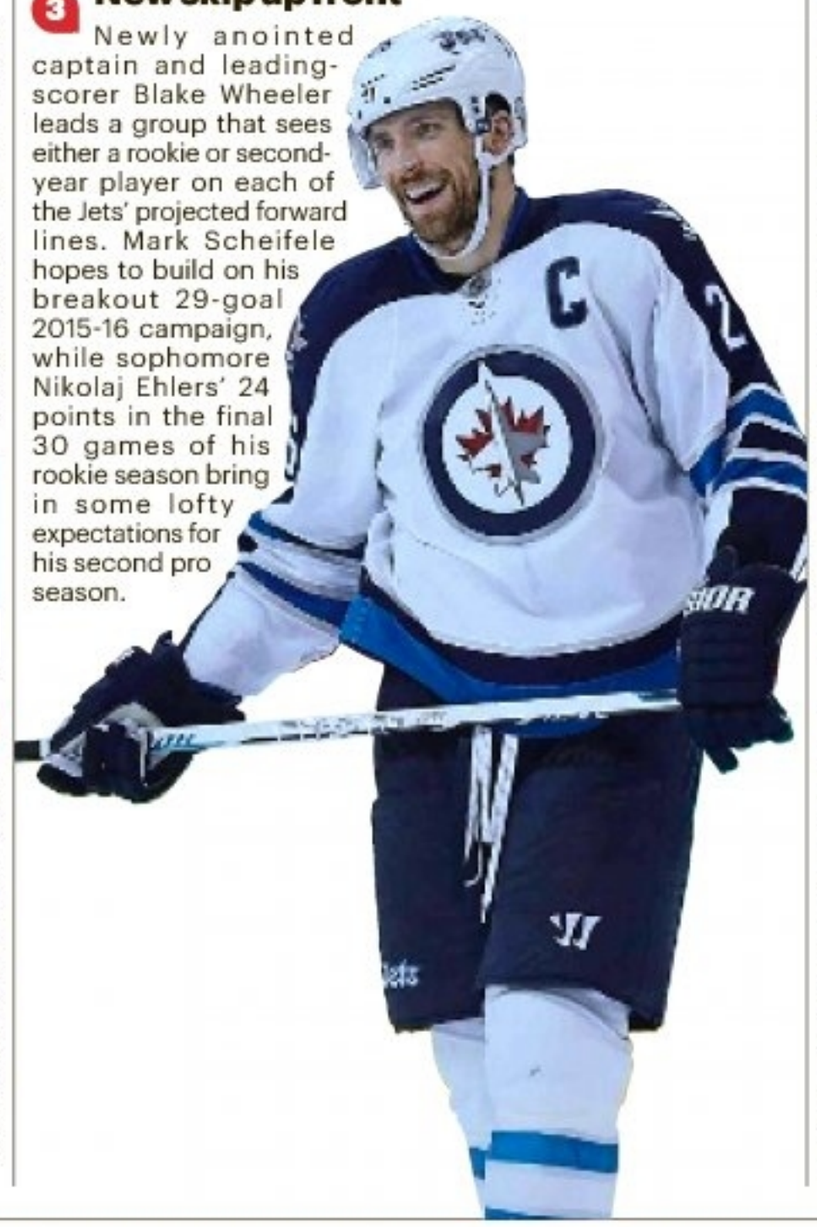
GETTY IMAGES

2 Deep blue line

The success of the Jets' young goaltending will surely depend heavily on the performance of the blue line. As a group, the defencemen are the Jets' most experienced group, as rookie **Josh Morrissey** joins a veteran corps that includes Tobias Enstrom, Tyler Myers and Mark Stuart. Dustin Byfuglien, adorned with an 'A' on his sweater once again, is expected to anchor things, fresh off signing a new five-year, $38-million contract.

3 New skip up front

Newly anointed captain and leading-scorer Blake Wheeler leads a group that sees either a rookie or second-year player on each of the Jets' projected forward lines. Mark Scheifele hopes to build on his breakout 29-goal 2015-16 campaign, while sophomore Nikolaj Ehlers' 24 points in the final 30 games of his rookie season bring in some lofty expectations for his second pro season.



4 Laine's launch

Patrik Laine, the Jets' shiny second-overall draft pick is only 18-years-old, but he has played with pros in Finland. The six-foot-four, 206-pound phenom is said to be more defensively advanced than most his age, but he is truly lauded for his goal-scoring ability. Fellow rookie left-winger Kyle Connor is coming off an outstanding college season where the gifted 19-year-old tallied 35 goals and 71 points in 38 games.

GETTY IMAGES

5 Mo's men

Paul Maurice starts his third season in charge of the Jets after taking over mid-season in January 2014. This year, Maurice's support staff takes on a new look as longtime defence coach Charlie Huddy is joined by new assistants Jamie Kompon and Todd Woodcroft. Atop the docket: fix the putrid special teams, where Winnipeg ranked dead last in the NHL in power-play efficiency and 25th in penalty killing.

DARRIN BAUMING FOR METRO

Auston Matthews celebrates one if his record-breaking four goals in his NHL debut Wednesday night.

SEAN KILPATRICK/THE CANADIAN PRESS

NHL

Matthews' 4-goal debut one for ages

WEDNESDAY In Ottawa

5 SENATORS | 4 MATTHEWS

It didn't take Auston Matthews long to live up to the hype.

The No. 1-overall pick in the 2016 draft scored four goals in his first regular-season NHL game, in the Toronto Maple Leafs' 5-4 overtime loss to the Ottawa Senators in Wednesday's season opener for both teams.

He's also the first player to score four goals in his NHL debut.

Matthews opened the scoring at the 8:21 mark of the first period, standing in front of Senators goalie Craig Anderson as rookie linemate Zach Hyman centred the puck from behind the net. Matthews swatted at the pass, giving Toronto a 1-0 lead.

For his second goal, Matthews showed off his flashy puck-handling skills. He stripped Ottawa right-winger Mark Stone of the puck near the Senators' blue line, then dangled the puck in and around the rest of the defence before putting it over Anderson's shoulder.

The-19-year-old Matthews completed a hat trick just 1:25 into the second period, taking a cross-ice feed from Leafs defenceman Morgan Rielly as the Toronto veteran charged toward the goal-line, putting a light one-timer past Anderson.

Matthews added a fourth goal in the final seconds of the second period, taking a pass from William Nylander on a 2-on-1 opportunity.

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Jays rotation rolls on into Cleveland

MLB PLAYOFFS

Toronto starters pose stiff challenge in ALCS

When it comes to Toronto's starting rotation, it's an embarrassment of riches for Blue Jays manager John Gibbons.

Proven playoff performer Marco Estrada will start the opener of the American League Championship Series on Friday in Cleveland. The rest of the rotation includes 20-game winner J.A. Happ, league earned-run average leader Aaron Sanchez and wild-card game winner Marcus Stroman.

That's one of the deepest four-man crews in the major leagues and gives Toronto a distinct edge over the Indians, who are missing starters Carlos Carrasco and Danny Salazar due to injury.

The off-days that came after Toronto needed only three games to win the AL Division Series has allowed the Blue Jays to set their rotation as they wish rather than be forced into maintaining a regular routine.

Stroman has had the most rest and will be a good bet to go in Game 2 on Saturday.

Estrada, meanwhile, was dominant in a 10-1 rout of Texas in the ALDS opener last week. His change-up regularly handcuffed the Rangers throughout the 8-1/3-inning performance.

"All I know is you look back at the last couple years at how good Marco has been for us in big games for us," Gibbons said. "Playoff games and two straight years of regular-season games. And he's one guy too that probably needs more than anybody to keep on a (schedule that's as) close to normal as possible."

GAME 1 STARTING PITCHERS

Corey Kluber		Marco Estrada
215	IP	176
32	GS	29
18-9	W-L	9-9
3.14	ERA	3.48
1.06	WHIP	1.12
227	SO	165

**2016 regular-season statistics

GETTY IMAGES

The Blue Jays have some options to consider before setting their ALCS roster. Once the status of Francisco Liriano is firmed up, they'll likely be in a position to make some decisions.

Liriano suffered a concussion last week but said Tuesday he feels much better and is hopeful to be ready for the ALCS. He has to complete Major League Baseball's seven-day concussion protocol and could return as early as Saturday.

Liriano was strong down the stretch and would give the Blue Jays another left-handed option out of the bullpen. He could also be used in a short or long relief spots as needed.

Second baseman Devon Travis said his sore right knee is feeling better and he expects to be ready for Game 1. The Blue Jays could elect to drop a pitcher and perhaps add a backup player in Ryan Goins or Dalton Pompey.

THE CANADIAN PRESS

COURT

Mistrial declined in Rose rape case

Lawyers for a woman accusing NBA star Derrick Rose and two of his friends of rape failed to disclose text messages to the defence, but the lapse was not significant enough to throw out the case or declare a mistrial, a judge ruled Wednesday.

Lawyers for Rose had argued that the plaintiff's lawyers purposely withheld three texts until the woman was done testifying so the defence couldn't question her about messages that showed the night in question had been planned for sex and that she was talking the next day about being reimbursed for cab fare and not accusing anyone of rape.

The 30-year-old woman filed the $21.5 million lawsuit two years after the August 2013 incident, claiming Rose and his friends raped her at her apartment while she was incapacitated from drinking and, possibly, drugs. THE ASSOCIATED PRESS

IN BRIEF

CFL fines Eskimos for not wearing microphones

The Edmonton Eskimos were fined $20,000 and head coach Jason Maas was fined $15,000 for refusing to wear live microphones during a game in Montreal, the Canadian Football League announced Wednesday.

Maas and quarterback Mike Reilly were mandated to wear the microphones but refused to put them on.

THE CANADIAN PRESS

Newton returns to Panthers' practice

Carolina Panthers quarterback Cam Newton returned to practice Wednesday, although it remains unclear if the league's MVP will play Sunday against the New Orleans Saints.

Newton took reps with the first-team offence after missing Monday night's game against Tampa Bay with a concussion.

THE ASSOCIATED PRESS

RECIPE Shrimp and Orzo Skillet Dinner

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Turning to a one-pot dinner may feel like a ho-hum weeknight move but this recipe with its zesty flavours and juicy textures is a party on your plate.

Ready in 40 minutes
Prep time: 15 minutes
Cook time: 25 minutes
Serves 4

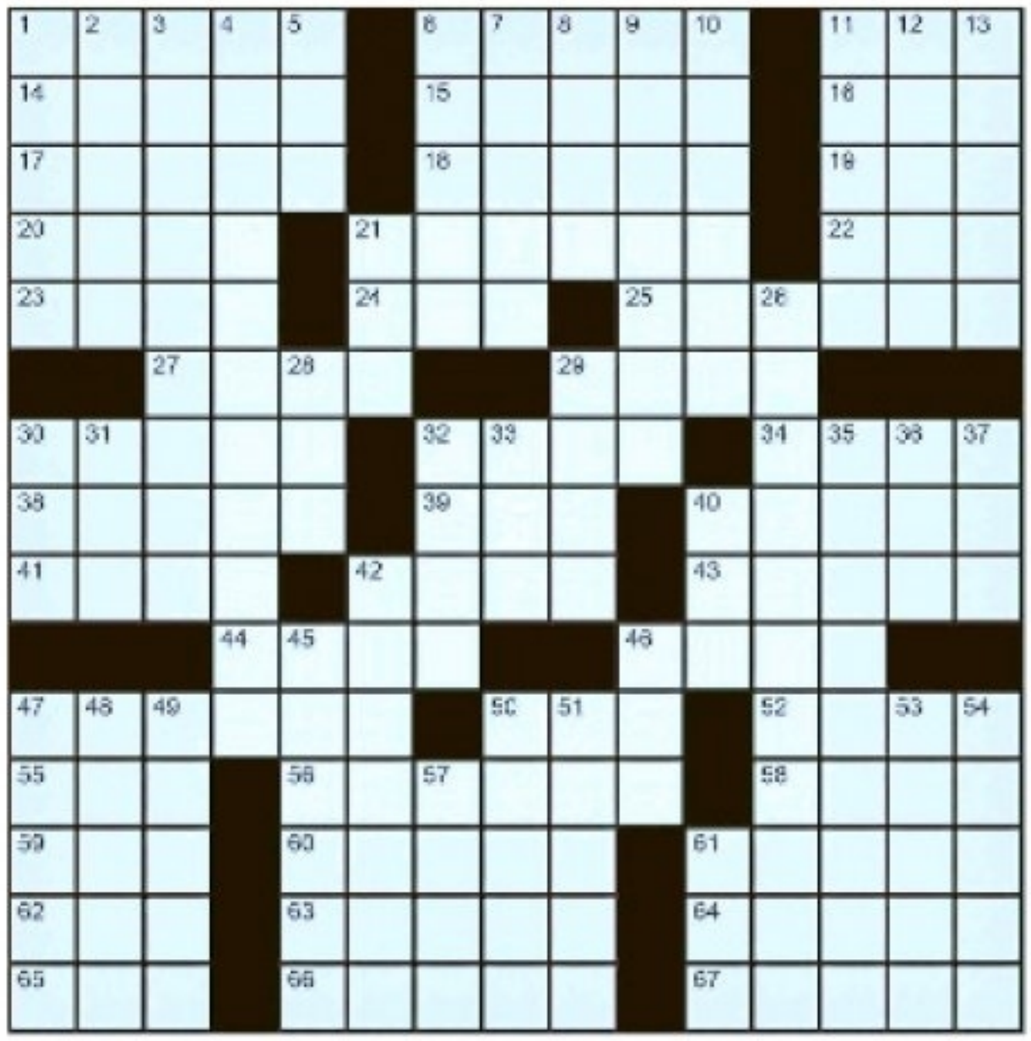
Ingredients
- 1 Tbsp (15 ml) olive oil
- 1 onion, diced
- 3 cloves of garlic, minced
- 1/2 tsp (2 ml) dried oregano
- 2 cups (500 ml) vegetable stock
- 1 x 14 oz (414 ml) can of diced tomatoes
- 1/3 cup (80 ml) balsamic vinegar
- salt and pepper
- 1 cup (250 ml) orzo
- 1 lb (450 g) cleaned, deveined shrimp
- big handful of fresh basil, sliced
- 1/2 cup (125 ml) feta, crumbled

Directions
1. In a large skillet, sautée onion and garlic in oil over medium heat until they smell great and soften up. Add the oregano and cook for another minute
2. Pour in stock, vinegar and tomatoes and taste for seasoning. Add salt and pepper.
3. Now add the orzo and allow everything to simmer for 15 minutes.
4. Add your shrimp and cook for another 3 to 5 minutes, or until the shrimp turn pink and opaque.
5. Sprinkle basil and feta over top and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Produce selection, Swiss _
6. Bivouacs
11. Fruit drink
14. More abundant
15. Expect
16. And not
17. _-fartsy
18. 1970: "Band of Gold" by Freda _
19. Mr. Hamm
20. Shoes insertees
21. Typos
22. Alternatives
23. Region [abbr.]
24. Pot's top
25. Correct, as a TV's blurriness
27. Fluffy hand-warming winter accessory
29. MasterCard rival
30. Rapidly
32. "_ Miner's Daughter" (1980)
34. Store
38. Ms. Midler
39. Possess
40. Where Nairobi is the capital city
41. Honolulu's home
42. Yarn
43. "So what else _ _?" (Besides that, anything else going on?)
44. Origin
46. Tardy
47. Article or thing
50. "Right you _!"
52. "Whoops!": 2 wds.
55. Backwards
56. Poet's set of three lines
58. But, in Spanish
59. Amy _, The Joy Luck Club author
60. Aids, usually illegally
61. _ Tower (Office building in Edmonton)
62. '60s songstress, Little _
63. Appraise
64. Beatles style of jacket
65. Refusals
66. "The Prince of _" (1998)
67. Cream-filled Nabisco cookies

DOWN
1. Basketry, for example
2. New employee
3. Apocalyptic thriller airing on Space which stars the real life couple at #26-Down and #35-Down
4. Make big changes to the corporation
5. Juiceless
6. Calf-length pant
7. Trophy
8. Ms. Angelou
9. Northern _ (Migratory duck)
10. Lieus
11. Variety of pear
12. Gateways
13. Surrealist artist Max
21. Gremlin
26. As per #3-Down... Canadian actor whose credits include "Mercy" and "Me and Orson Welles" (2008): 2 wds.
28. Charge
29. Barn topper
30. Blood-typing letters
31. Stew bit
32. Parka, for one
33. Night flapper
35. As per #3-Down... American actress whose credits include "Volcano" (1997) and "Men in Trees": 2 wds.
36. _ bread
37. Shooting marble
40. Certain car company
42. One's great for carrying books: 2 wds.
45. Singing span
46. Permit
47. A great deal
48. Appreciation for the tenor!
49. Nick, Joe or Kevin
50. Misbehave: 2 wds.
51. Change the settings back
53. _ Munroe/Storm (Marvel Comics heroine)
54. Ancient Egyptian falcon-headed god
57. Count on
61. Rock producer Brian

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be diplomatic when talking to others today, because arguments with authority figures, partners or close friends might arise. Anger will only hinder your progress in achieving what you want to do.

Taurus April 21 - May 21
Difficulties with co-workers are likely today. Refrain from being too opinionated. Remember to listen to the input from others before your state your own case.

Gemini May 22 - June 21
Romantic squabbles are likely based on your own ego and your tendency to cling to their own ideas and way of looking at things. Try to see the other person's point of view as well.

Cancer June 22 - July 23
Tension at home is likely today. This might be related to home repairs that you are tackling or big ideas that you are now starting to entertain regarding real-estate opportunities. Easy does it.

Leo July 24 - Aug. 23
You are quick to anger today because you are impatient. But will this help anything? It's doubtful that it will help anyone. Anger only makes things worse.

Virgo Aug. 24 - Sept. 23
Money squabbles might take place today. These will be anti-productive. Keep in mind that you have excellent money-making ideas to consider during the next 12 months.

Libra Sept. 24 - Oct. 23
Because you might be touchy and irritable today, communications with others will be dicey. Guard against accident-prone behavior due to your own impatience. Chill out.

Scorpio Oct. 24 - Nov. 22
Your mind is quite aggressive today, which is why you might be impatient with others. However, you can use this same mental energy to do excellent research. .

Sagittarius Nov. 23 - Dec. 21
Discussions with a friend or a member of a group will be challenging today. Everyone is opinionated! Everyone thinks they are right!

Capricorn Dec. 22 - Jan. 20
Do not challenge bosses, parents and VIPs today, because this will get you nowhere. Don't burn any bridges. Remember to be polite and courteous.

Aquarius Jan. 21 - Feb. 19
Avoid controversial subjects like politics, religion and racial issues today, because they will quickly disintegrate into a nasty argument. Who needs this? Not you.

Pisces
Feb. 20 - March 20
Disputes about shared property and inheritances might arise today, which is why this is a poor day for these kinds of discussions. Wait until tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			6	8	9		4	
	1					5		
			5				7	
	3	7		9				
		8		4		1		
				6		4	2	
	7				8			
		2					9	
	8		1	7	6			

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	5	4	8	7	9	2	3	6
6	8	9	5	2	3	4	1	7
2	7	3	4	6	1	8	9	5
8	3	1	2	5	6	7	4	9
9	2	6	7	3	4	5	8	1
5	4	7	9	1	8	6	2	3
4	1	5	6	9	2	3	7	8
3	6	2	1	8	7	9	5	4
7	9	8	3	4	5	1	6	2

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